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PRELIMINARY WORKING DRAFT - SUBJECT TO REVISION

UNITED STATES DEPARTMENT OF AGRICULTURE  
WAR FOOD ADMINISTRATION  
FOOD DISTRIBUTION ADMINISTRATION

A. MAKING THE MOST OF MEATS.

in the

INDUSTRIAL LUNCHROOM

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MAKING THE MOST OF MEATS  
IN THE

## INDUSTRIAL LUNCHROOM

Traditionally meat has been the favorite source of protein in the American dietary because of its flavor and staying quality, as well as its food value. In time of war, however, the demands made on the available meat supply by the armed forces of our country, as well as of our Allies, do not allow everyone to obtain as much meat as individual taste may desire. To these circumstances is added an increased civilian purchasing power which also limits the amount of meat available for any one individual.

Meat is not, however, the only good source of protein. Many persons living on meatless diets have maintained an adequate standard of nutrition without the consumption of any flesh foods. Their protein requirement has been fulfilled by eating relatively large amounts of cereal products, legumes and nuts. Although some of these persons eat no animal products many others include eggs and milk in their diet. Even though the protein content of these foods is not identical with that of meat, they supply valuable amounts of this nutrient.

In 1839, a Dutch chemist coined the name protein from the Greek word "proteois", meaning primary, in order to indicate that proteins are indispensable dietary factors. The most important functions of the proteins are to build and maintain body tissue and to replace the chemical compounds containing nitrogen which are lost in the processes of metabolism.

Proteins are essential constituents of both plant and animal life. Animals, including the human being, form the proteins characteristic of their own tissues. For this they depend upon the digestion products obtained from the proteins of their food. These digestion products are called amino acids and the dietary value of the protein depends on the number and type of the amino acids present.

In general, proteins of animal origin have a higher nutritive value than those of vegetable origin. Whole eggs, milk and cheese contain valuable amounts of protein. Liver, kidney, and heart are good sources of protein, and have a higher vitamin value than the muscle meats. Peas, beans, peanuts and other legumes and nuts contain rather high percentages of proteins, and in some parts of the world they are the chief source of dietary proteins.

Cereal proteins have a lower nutritional value than those of meat and animal products but since large amounts of these foods are consumed (the U. S. Department of Agriculture says that cereals provide almost 30 percent of the protein of the average American dietary), they contribute materially to the total protein intake.

Fish and poultry provide an amounts of protein which is only slightly less than that derived from muscle meats and is of equally good quality.

Using Meat Advantageously in the Industrial Lunchroom

The industrial lunchroom manager is confronted with many problems resulting from an increased patronage and a decreased meat supply. Although the rationing of meats gives everyone a chance to buy his fair share of meat, it does not al-



ways provide the most popular cuts of meat in the quantities desired. Rib roast of beef and porterhouse steak may appear seldom on wartime menus, while beef stew and meat loaf may occur often. In addition one or more "meatless" days on which no rationed meats are served are an accepted practice in many communities.

It is the purpose of this publication to provide a group of recipes for meat extenders and meat alternates which are suitable for service in industrial lunchrooms, and to suggest ways in which managers may make the most of the meat available.

Appetizing and nutritious dishes may be made by combining meats with other foods such as vegetables, cereals, legumes, milk and eggs. In "meat extender" dishes meat is used to give texture and flavor to products made with proportionally small amounts of meat, and larger amounts of other foods.

Meat supplies protein, the B vitamins, and iron to the diet. Meat extender dishes that are made largely with vegetables and cereal products may be low in one or more of these nutrients. In order to balance the meal this type of meat extender may be combined with other foods which supplement its nutritive value. Spanish spaghetti, for instance, made with a small amounts of meat, is improved in protein content when topped with grated cheese. Baked green peppers stuffed with rice and minced ham are supplemented in both protein and vitamin content when a glass of milk is served as the beverage.

Meat extenders made with comparatively small amounts of meat, and large amounts of cereals, cereal pastes, or vegetables, should be served in 6- to 8-ounce portions.

Some of the foods which may be used to extend meats either in combined dishes or as accompaniments are:

Breads - bread crumbs, toast, biscuits, dumplings.

Cereals - cornmeal, farina, hominy, rolled oats, brown rice, polished rice, cracked wheat.

Cereal pastes - macaroni, noodles, spaghetti.

Eggs - in combination, or fried, hard cooked, poached, scrambled.

Legumes - black beans, kidney beans pinto, beans, white beans, soybeans, soybean grits, soybean flour, dried green peas, black-eyed peas.

Milk - in combination, or as sauce.

Vegetables - cabbage, carrots, celery, corn, mushrooms, green peppers, peas, potatoes, rutabagas, squash, tomatoes, turnips.

Another way to stretch the meat supply is to serve meat alternates frequently in place of meat. Poultry, fish, cheese, eggs, milk, dried peas and beans, soybeans and peanuts are all good sources of protein which can be used satisfactorily as meat alternates. These foods not only are good sources of protein, but also of phosphorus and three of the B vitamins - thiamin, riboflavin and niacin. Dried peas, beans, and peanuts are also good sources of iron.

Although all of the meat alternates are good sources of protein, they differ somewhat from meat in the amounts of the nutrients which they contain. Poultry, fish, eggs, and cheese may be used interchangeably with meats as excellent sources of protein. Legumes and nuts contain proteins of somewhat lower nutritive value than the animal proteins. When these foods are used as alternates for meat, the meal is improved in nutritive quality when milk, cheese, or eggs are combined with these foods, or served in other dishes accompanying

them. Milk and cheese are somewhat low in iron; therefore, when they are used as meat alternates it is well to include an iron-rich food on the menu. Macaroni and cheese, for instance, may be made with a milk sauce to improve its protein content, and may be served with a leafy green salad to supplement its iron value. Likewise the nutritive value of a meal in which baked beans are used as the main dish, is improved when a custard dessert is served.

#### Balancing the Ration Points

Menus should be planned so that several very popular cuts of meat like roast beef, steak, baked ham and pork chops are neither concentrated in a single day nor in one part of the week, but are spread instead throughout the week's menus. When a choice of three entrees is offered on a cafeteria menu they may be planned to include a meat, a meat extender and a meat alternate. For example, a menu including roast pork, beef stew with vegetables, and baked beans would typify this plan. Many industrial food service operators have found that a more satisfactory plan is to serve meat extenders and meat alternate dishes to the exclusion of meat dishes on certain days of the week. This method permits all workers an equal opportunity to obtain meat on the days when it is served.

Similarly, a meat of high point value may be alternated with one of low point value in order to use ration points to good advantage. Short ribs of beef, for instance, with a low point value might be served on a day following one on which round steak with a high point value has been used. Kidneys, tongue, liver, and sweetbreads have comparatively low point values and very high nutritional values. They may be used on the menu occasionally, to advantage, to stretch the points and to improve the nutritive value of the worker's diet.

#### Handling and Storing Meats

When preparing carcass meats all lean trimmings should be saved to grind for meat loaves and patties, or to use in meat extender dishes. Small amounts of trimmings, not sufficient for other purposes, may be added to soup or gravy stock.

Fat trimmings should be saved and the fat melted down at low heat, strained through a clean cloth, and then stored in a covered container in a cold place. This fact may be used successfully for cooking and baking.

Meat bones taken from meat should be used for meat stock in soups and gravies, and to enhance the flavor of meat extender dishes.

Fresh meat spoils quickly and should be kept cold continuously. It should be refrigerated immediately after delivery, and kept at a low temperature until it is ready to be cooked. Meat storage refrigerators should be kept at a temperature of between 34° and 38°F.

Ground meat is particularly perishable and should be prepared only a short time before it is cooked. For safety it should be cooked on the same day on which it is ground.

Glandular meats like liver, tongue, sweetbreads, and brains, spoil more readily than the muscle meats. These meats should be kept well chilled and should be used promptly.



Frozen meat requires careful handling because it deteriorates very rapidly after it is thawed. It should not be thawed and then refrozen. When only part of a container of frozen meat cuts is needed, this amount should be removed and thawed, leaving the remainder of the meat in the freezing compartment. Likewise, part of a frozen carcass may be removed without thawing the entire piece.

Frozen meat should be held well below the freezing point, preferably at a temperature of between 10 and 15°F. It should be thawed at room temperature and then cooked immediately. Frozen meat should not be soaked in water to hasten the thawing process, because in this way valuable nutrients are lost.

### Cooking Meats

Meats may be cooked by the use of either dry or moist heat. Tender cuts of meat are best suited to cooking by dry heat and can be roasted or broiled successfully. Tough cuts of meat require longer, slower cooking, and can be prepared best by braising or simmering in water.

### Roasting

Roasting meat means to cook it by dry heat in the oven in an uncovered pan without the addition of water. In order to keep the meat tender and moist and to prevent shrinkage, the roasting temperature should be kept between 300 and 325°F. Although a roasting temperature of 300°F. is desirable because it decreases the amount of shrinkage, it also increases the cooking time. Therefore, when the preparation time is limited, the use of a temperature of 325°F. will shorten the cooking period and still produce an acceptable product.

Roasts should be placed fat side up in the roasting pan so that the melted fat will drip down over the meat and baste it as it cooks.

The meat may be rubbed with salt before it is roasted if desired. Dredging the outside of roasts with flour is not necessary.

Cooking tests have disproved the theory that searing meat "seals in the juices." In fact the searing of meat has been proved to increase the amount of shrinkage and to make the meat drier. However, many restaurant patrons prefer brown gravy and the flavor of seared meat. When these effects are desired, the roasts may be seared in a hot oven at 450°F. for from 15 to 20 minutes, and then the temperature reduced to 325°F. and maintained at that point throughout the cooking period.

The addition of water to roasts increases the cooking losses. Water should not be used when cooking tender cuts of meat.

### Cuts of Meat Suitable for Roasting

Beef	Pork	Lamb	Veal
Rib	Smoked Ham	Leg	Leg
Chuck ribs	Fresh leg	Shoulder	Shoulder
Rump	Loin		Loin
	Smoked picnic		
	Boston butt		



## Broiling

Broiling meat means to cook it quickly by direct heat from hot coals, a gas flame, or an electric element. Panbroiling meat is to cook it in a hot skillet greased only by the meat fat itself. These methods are suitable for very tender cuts of meat such as steaks and chops. Well broiled meat has an evenly browned surface and a plump, juicy interior.

To broil meat successfully, the broiler should be preheated at 550°F. for 10 minutes. Steaks and chops of medium thickness, that is 3/4 to 1 inch thick should be placed on the broiling rack and the rack adjusted so that the top surface of the meat is about 2 inches below the heating element.

The meat should be broiled on the top side until well browned, then turned and broiled on the other side to the degree of doneness desired, -- rare, medium or well done.

When pan broiling meat the skillet should be preheated, then rubbed with some of the fat from the meat. The meat should be cooked at a moderate temperature on one side, seasoned, then turned and cooked on the other side until done. Excess fat should be drained from the pan as it accumulates.

### Cuts of Meat Suitable for Broiling

Beef	Pork	Lamb
Club Steak	Bacon	Leg Steaks
Porterhouse steak	Sliced ham	Loin Chops
Rib Steak	Sausage	Rib Chops
Sirloin Steak		Shoulder Chops
Tenderloin Steak		Lamb patties
Hamburger cakes		

## Frying

Frying applies alike to cooking in deep fat and to cooking in shallow fat in a frying pan or skillet. Small and thin cuts of tender meats such as sliced liver or pork tenderloin may be pan fried, while deep fat frying is well adapted for cooking partially precooked meats and meat mixtures like croquettes.

In wartime, as a means of conserving fats, pan broiling and braising should be substituted for frying whenever possible.

## Braising

Braising meat means to brown it in a small amount of fat, and then cook it slowly with a little liquid in a covered pan. This method of moist heat cookery is best adapted to cooking tougher cuts of meat, because the long slow cooking softens the connective tissues. Typical braised meats are pot roasts, short-ribs, Swiss steak, fricassees and baked heart.

Braised meats should be cooked by simmering at a temperature below the boiling point in order to produce a tender product.

Liquids used in cooking braised meats may be water, meat stock, vegetable liquor, tomato juice or fruit juice. During cooking some of the flavor and nutritive value of the meat is extracted in the liquid; therefore, this juice should be thickened and served with the meat.

Meat prepared for braising may be dredged with seasoned flour before browning.

Pork and veal chops and steaks and shoulder cuts of lamb often are improved in moistness and tenderness by braising instead of frying. After the meat has been well browned, a small amount of liquid is added, the pan covered, and the meat is allowed to simmer for a short time until tender.

Cuts of Meat Suitable for Braising

Beef	Pork	Lamb	Veal
Brisket	Ham Steak	Heart	Breast
Chuck	Heart	Breast	Heart
Flank Steak	Kidney	Kidney	Kidney
Plate	Rib and loin chops	Liver	Liver
Round	Spareribs	Shoulder	Leg steaks
Rump			Shoulder
Short-ribs			
Heart			
Kidney			
Liver			

Stewing

Stewed meats generally are cooked in a larger amount of water than braised meats and may or may not be browned first. Stews are made of the tougher portions of meats, cut into small pieces, and simmered in water until tender. The temperature should be maintained below the boiling point throughout the cooking period.

A brown stew is made by dredging the meat with seasoned flour and then browning it in a small amount of fat before adding the liquid. Browning the meat improves both the color and flavor of the stew. A plain stew is made by adding boiling water directly to the uncooked meat.

A variety of vegetables may be used in stews. Potatoes, carrots, onions, turnips, celery, peas and tomatoes are among those suitable to add to stewed meat. These vegetables should be diced or cut in pieces about the same size as the meat. Vegetables should be added to the meat during the latter part of the cooking period allowing just time enough so that the vegetables will be tender when the meat is done.

Cuts of Meat Suitable for Stewing

Beef	Lamb	Veal
Brisket	Breast	Breast
Chuck	Flank	Flank
Flank	Kidney	Kidney
Kidney	Shoulder	Shoulder
Lower round		
Plate		

Simmering

Meats cooked in liquid never should be boiled, but should be simmered gently below the boiling point.

Large pieces of meat like corned beef, fresh beef brisket and plate, picnic hams, and tongue may be simmered. Veal and pork to be used in pies or in combination dishes may be precooked by simmering.

The liquid in which the meat is cooked may be seasoned with bay leaves, whole peppers or other spices, or with sliced onion and celery leaves. This stock makes an excellent base for sauces and soups.

Meat Cuts Suitable for Simmering

Beef	Pork	Lamb	Veal
Brisket	Hocks	Kidney	Kidney
Corned Beef	Picnic Hams	Shoulder	Shoulder
Kidney	Spareribs		
Plate			
Tongue			



# RECIPES FOR MEAT EXTENDERS

## Meat and Vegetable Combinations

### Baked Hash

Ingredients	Amounts	
	100 portions	500 portions
Beef, cooked and chopped	11 pounds	55 pounds
*Pork, cooked and chopped	3 pounds	15 pounds
Onion, chopped	2 pounds	10 pounds
Salt	4 ounces	1 pound 4 ounces
Meat stock	2 quarts	2 1/2 gallons
Potatoes, cooked and chopped	16 pounds	80 pounds

Size of portion - 5 1/2 ounces

1. Mix all the ingredients together lightly and put into oiled baking pans.
  2. Bake about 1 hour in a moderate oven. (350°F.)
- \* All beef may be used, or part beef, and part veal.

### Beef and Kidney Pie

Ingredients	Amounts	
	100 portions	500 portions
Beef chuck, boned and cut in 1 inch pieces	12 pounds	60 pounds
Beef kidneys	12 pounds	60 pounds
Bacon drippings	2 pounds	10 pounds
Onions, cut in wedges	4 pounds	20 pounds
Celery, diced	4 pounds	20 pounds
Carrots, cut in strips	6 pounds	30 pounds
Potatoes, peeled and diced	6 pounds	30 pounds
Salt	2 ounces	10 ounces
Flour	3/4 pound	4 pounds
Plain pie crust	8 pounds	40 pounds

Size of portion - 8 ounces

1. Split the kidneys and remove the tubes and membranes. Soak in salted water for half an hour. Drain.
2. Slice the kidneys into 1/2 inch pieces.
3. Brown the kidney in one-half of the drippings, add the salt, and barely cover with water. Simmer for 45 minutes or until the kidneys are tender.
4. Brown the beef in the remaining drippings and simmer in boiling salted water until tender.
5. Cook the vegetables in boiling salted water until done.
6. Combine the meats, vegetables and cooking liquors. Thicken the gravy.
7. Put into oiled baking pans and cover with plain pie crust and bake in a 425°F. oven for about 1/2 hour.

### Corned Beef Hash

Ingredients	Amounts	
	100 portions	500 portions
* Corned beef brisket, cooked	10 pounds	50 pounds
Cooked potatoes	22 pounds	110 pounds
Corned beef stock	1 quart	5 quarts
Onion, chopped	1 pound	5 pounds

Size of portion - 6 ounces

1. Chop the cooked corned beef and add the chopped potatoes, onion, and enough stock to moisten.
2. Place in oiled baking pans and bake in a moderate oven for 45 minutes to 1 hour.
3. Serve alone or topped with a poached egg.

\* It will take approximately 20 pounds of uncooked corned beef brisket to yield 10 pounds of cooked corned beef.

### Southern Hash

Ingredients	Amounts	
	100 portions	500 portions
Cooked diced meat	10 pounds	50 pounds
Raw diced potatoes	20 pounds	100 pounds
Chopped onion	1 pound	5 pounds
Canned tomatoes	4 quarts	5 gallons
Chopped green peppers	1 pound	5 pounds
Salt	2 ounces	10 ounces
Drippings	8 ounces	2 pounds 8 ounces

Size of portion - 6 ounces

1. Cook the chopped onion and green peppers in the drippings until tender, add to the tomatoes, season with salt.
2. Dice the cooked meat and potatoes into 1/2 inch pieces.
3. Mix the meat, potatoes and vegetables together.
4. Simmer until the potatoes are done. This mixture should be moist but not fluid.

### Ham Loaf

Ingredients	Amounts	
	100 portions	500 portions
Cooked ground ham	10 pounds	50 pounds
Ground fresh pork	10 pounds	50 pounds
Bread crumbs	3 pounds	15 pounds
Salt	2 ounces	10 ounces
Eggs	14	70
Milk	3 quarts	3 3/4 gallons

Size of portion - 3 1/2 ounces

1. Mix the ground ham, seasonings, and bread crumbs together.
2. Beat the eggs, add the milk, and combine with the meat.
3. Scale the meat into loaf pans, pressing the meat well into the corners. Bake 1-1/2 to 2 hours in a moderate oven (325°F.)
4. Serve accompanied by mustard or horseradish sauce.

### Meat Loaf

Ingredients	Amounts	
	100 portions	500 portions
*Ground beef	15 pounds	75 pounds
Ground pork	5 pounds	25 pounds
Salt	4 ounces	1 pound 4 ounces
Pepper	2 teaspoons	3 tablespoons
Cayenne pepper	1/2 teaspoon	2-1/2 teaspoons
Onions, ground	12 ounces	3 pounds 12 ounces
Eggs	10	48
Milk	2-1/2 quarts	3 gallons
Bread crumbs	4 pounds	20 pounds

Size of cooked portion - 3 1/2 ounces

1. Mix the meats, seasonings and bread crumbs together.
  2. Beat the eggs, add to the milk, and combine with the meat.
  3. Scale into loaf pans and press into the corners evenly.
  4. Bake for 1-1/2 hours in a moderate oven (325°F.)
  5. Serve with a brown sauce or tomato sauce.
- \* 5 pounds of ground liver may be substituted for the same amount of ground beef.



Meat Pie

Ingredients	Amounts	
	100 portions	500 portions
<u>Filling:</u>		
Beef chuck, rump, or round, boned	20 pounds	100 pounds
Drippings	1 pound	5 pounds
Salt	4 ounces	1 pound 4 ounces
Water	2-1/2 gallons	12 gallons
Onions	1 pound 8 ounces	7 pounds 8 ounces
Carrots, diced	3 pounds 8 ounces	17 pounds 8 ounces
Potatoes, peeled	7 pounds 8 ounces	37 pounds
Flour	1 pound 4 ounces	6 pounds 4 ounces
Cold water	1 quart	6 quarts
<u>Biscuit Crust:</u>		
Flour	5 pounds	25 pounds
Salt	4 teaspoons	3 ounces
Baking powder	4 ounces	1 pound 4 ounces
Fat	1 pound 8 ounces	7 pounds 8 ounces
Milk	1-1/2 quarts	7-1/2 quarts

Size of portion - 8 ounces

1. Bone the meat and cut into 1 inch cubes. Brown the meat in the drippings.
2. Cover the meat with the boiling salted water and simmer 3 to 4 hours until tender.
3. About 1/2 hour before the meat is done, add the onions, carrots and potatoes and cook until the vegetables are tender.
4. Thicken the stock with a paste made of the flour and cold water.
5. Pour the stew into oiled baking pans and top with biscuits. Bake in a moderately hot oven until the biscuits are browned.

Porcupine Meat Balls

Ingredients	Amounts	
	100 portions	500 portions
Ground beef chuck or lower round	14 pounds	70 pounds
Ground fresh pork shoulder	6 pounds	30 pounds
Uncooked rice	2-1/2 pounds	12 pounds
Onion, chopped	12 ounces	3 pounds 12 ounces
Green pepper, chopped	8 ounces	2 pounds 8 ounces
Salt	2 ounces	10 ounces
Pepper	2 teaspoons	3 tablespoons
<u>Sauce:</u>		
Onion, chopped	6 ounces	1 pound 14 ounces
Thyme	1/4 ounce	1 1/4 ounces
Celery salt	1 ounce	5 ounces
Salt	1 ounce	5 ounces
Pepper	1/4 ounce	1-1/4 ounces
Tomato juice	2-1/2 gallons	12 gallons
Meat stock (or water)	2-1/2 quarts	3 gallons

Size of portion - 3-1/2 ounces of meat balls and 3 ounces of sauce

1. Mix the ground meat, uncooked rice and seasonings together thoroughly and form into balls.
2. Mix the ingredients for the sauce together and bring to the boil.
3. Pour the hot sauce over the meat balls and cook for 45 minutes or until the rice in the balls is well-swelled and tender.
4. Serve the meat balls with about 3 ounces of the sauce over each serving.

### Pork Chop Suey

Ingredients	Amounts	
	100 portions	500 portions
Lean pork	16 pounds	80 pounds
Pork fat	1 pound	5 pounds
Diced celery	8 pounds	40 pounds
Sliced onions	5 pounds	25 pounds
Salt	2 ounces	10 ounces
Boiling water	1 gallon	5 gallons
Chop Suey vegetables	12 pounds	60 pounds
Soy Sauce	1 pint	2-1/2 quarts
Cooked rice	12 quarts	15 gallons

Size of portion - 8 ounces

1. Cut the pork into thin strips and cook in the hot fat for about 5 minutes.
2. Add the celery and onions and cook for 5 minutes longer.
3. Add the salt and boiling water and simmer until the meat and vegetables are tender.
4. Add the soy sauce and the chop suey vegetables and cook until the mixture is hot throughout.
5. Serve with a mound of boiled rice.

### Beef Pot Roast with Vegetables

Ingredients	Amount	
	100 portions	500 portions
Beef chuck, rump, or round, boned and tied.	30 pounds	150 pounds
Drippings	1 pound	5 pounds
Salt	3 ounces	15 ounces
Boiling water	2 gallons	10 gallons
Onions, sliced	1 pound	5 pounds
Green peppers, chopped	8 ounces	2 pounds 8 ounces
Carrot strips	3 pounds	15 pounds
Tomatoes, canned	2 quarts	2 1/2 gallons
Flour	12 ounces	3 pounds 12 ounces
Cold water	3/4 quart	6 gallons

Size of portion - 3 1/2 ounces of pot roast and 2 ounces of vegetables and gravy

1. Sear the meat in the hot drippings until well browned on the surface.
2. Add the salt and boiling water, cover, and cook in a moderate oven (325° F.) until tender.
3. About half an hour before the meat is done add the vegetables and cook until they are tender.
4. Thicken the stock with a paste made of the flour and cold water.
5. Slice the meat in thin slices across the grain, and serve with the vegetables and gravy.



## Meat Roll

Ingredients	Amount	
	100 portions :	500 portions
Ground beef	12 pounds :	60 pounds
Ground pork	4 pounds :	20 pounds
Bread crumbs	4 pounds :	20 pounds
Eggs	14 :	70
Milk	2 1/2 quarts :	3 gallons
Chopped onion	12 ounces :	3 pounds 12 ounces
Sage, ground	1/4 ounce :	1 1/4 ounces
Salt	2 ounces :	10 ounces
Pepper	1/4 ounce :	1 1/4 ounces
<u>Filling:</u>		
Onion, chopped	1 quart :	5 quarts
Celery, diced	3 quarts :	15 quarts
Cooked carrots, chopped	5 quarts :	6 gallons
Salt	1 1/2 ounces :	7 ounces
Drippings	1/2 pound :	2 1/2 pounds

Size of portion - 6 ounces

1. Mix the meat, seasonings and crumbs together. Beat the eggs, and the milk, and combine with the meat.
2. Cook the chopped onion and celery in the drippings. Add the carrots and salt.
3. Weigh out 2 pounds of the meat and shape into an oblong 1/3 inch thick.
4. Spread the meat with 2 1/2 cups of cooked vegetables and roll up as for jelly roll.
5. Bake in a moderate oven (325° F.) for 1 1/2 hours.

## Scalloped Ham and Potatoes

Ingredients	Amounts	
	100 portions :	500 portions
*Ham, cubed	10 pounds :	50 pounds
Sliced raw potatoes	25 pounds :	125 pounds
Flour	1 pound :	5 pounds
Salt	1 ounce :	5 ounces
Pepper	1/2 ounce :	2 1/2 ounces
Pork drippings	1 pound :	5 pounds
Milk	2 gallons :	10 gallons

Size of portion - 8 ounces

1. Put a layer of sliced potatoes in the bottom of oiled baking pans.
  2. Mix the flour, salt and pepper together, and sprinkle over the potatoes: dot with pork drippings.
  3. Add a layer of cubed ham and pour milk over the top.
  4. Repeat to fill the pans, topping with a layer of potatoes.
  5. Bake in a moderate oven (350°F.) for 1 1/2 hours or until the potatoes are tender and are browned on top.
- \* Sliced frankfurters or cubed bologna may be substituted for the ham.



### Braised Spareribs and Sauerkraut

Ingredients	Amounts	
	100 portions	500 portions
Spareribs	50 pounds	250 pounds
Salt	4 ounces	1 pound 4 ounces
Pepper	1 tablespoon	1 ounce
Hot water	2 quarts	2 1/2 gallons
Sauer Kraut	20 pounds	100 pounds

Portion - 6 ounces of spareribs and 3 ounces of sauerkraut

1. Wipe the spareribs with a damp cloth and cut into sections.
2. Rub salt and pepper over the surface of the spareribs.
3. Put the spareribs into a roasting pan and bake in a 425°F. oven for 20 minutes or until they begin to brown.
4. Reduce the oven heat to 325°F., add the hot water and cover the pan. Bake from 1 1/2 to 2 hours or until tender.
5. Heat the sauerkraut to the boiling point, drain, and serve with the spareribs.

### Swiss Steak

Ingredients	Amount	
	100 portions	500 portions
Round steak	32 pounds	160 pounds
Flour	1 pound 4 ounces	6 pounds 8 ounces
Salt	2 ounces	10 ounces
Pepper	2 teaspoons	3 tablespoons
Drippings	1 pound 8 ounces	7 pounds 8 ounces
*Water	2 gallons	10 gallons

Size of portion - 4 ounces

1. Cut the steak into 5 ounce portions.
  2. Mix the flour and seasonings together. Pound the flour mixture into the steak.
  3. Brown the steak on both sides in the hot drippings.
  4. Put the browned steak into roasting pans and add the water. Cover and cook until tender in a slow oven (300°F.)
  5. Serve with the gravy.
- \*Spanish steak may be made by substituting canned tomatoes for half the water, and browning chopped onions with the drippings in the proportion of 1 pound of onions for each 100 portions.

Lamb Stew

Ingredients	Amount	
	100 portions	500 portions
*Lamb shoulder or breast, boned and cut in 1-inch pieces	25 pounds	125 pounds
Flour	12 ounces	3 pounds 12 ounces
Drippings	1 pound 8 ounces	7 pounds 8 ounces
Water	2 gallons	10 gallons
Salt	4 ounces	1 pound 4 ounces
Potatoes, peeled	10 pounds	50 pounds
Carrots, cut in strips	5 pounds	25 pounds
Onions, quartered	3 pounds	15 pounds
Green peas, shelled	3 pounds	15 pounds
Flour	1 pound	5 pounds
Cold water	1 quart	5 quarts

Size of portion - 8 ounces

1. Dredge the lamb with the flour and brown lightly in the hot drippings. Cover with boiling salted water and simmer for 2 or 3 hours until tender.
  2. Add the vegetables about half an hour before the meat is done and cook until the vegetables are tender.
  3. Thicken the stock with a paste made of the flour and cold water.
- \*Veal or beef may be substituted for the lamb.

Stuffed Green Peppers

Ingredients	Amounts	
	100 portions	500 portions
Bell peppers	100	500
Rice, cooked	9 quarts	45 quarts
*Cooked chopped ham	8 pounds	40 pounds
Chopped onion	8 ounces	2 1/2 pounds
Ham fat	8 ounces	2 1/2 pounds
Pepper	2 teaspoons	3 tablespoons
Celery salt	1/2 ounce	2 1/2 ounces

Size of portion - 1 large pepper

1. Wash the peppers. Cut a slice from the stem end and remove the stem, seeds and membranes.
2. Parboil the peppers about 5 minutes in boiling salted water; drain thoroughly.
3. Cook the chopped onion in the ham fat until the onion is tender. Season.
4. Combine the cooked rice, chopped ham and onions.
5. Stuff the peppers heaping the rice slightly.
6. Bake in a moderately hot oven at 400°F. until the peppers are tender and the rice mixture is brown on top.

## Meat and Cereal Combinations

### Savory Meat with Noodles

Ingredients	Amounts	
	100 portions	500 portions
Beef chuck or lower round, boned	20 pounds	100 pounds
Suet or drippings	1 pound 8 ounces	7 pounds
Onions, chopped	2 pounds	10 pounds
Salt	4 ounces	1 pound 4 ounces
Paprika	1 ounce	5 ounces
Worcestershire Sauce	2 tablespoons	2/3 cup
Tomato Puree	2 quarts	2 1/2 gallons
Water	2 gallons	10 gallons
Flour	1 pound	5 pounds
Noodles	6 pounds	30 pounds

Size of portion - 8 ounces

1. Cut the meat in 1 inch cubes and brown with the onions in the fat.
2. Mix the spices, Worcestershire sauce, and tomato puree together and pour over the meat. Add the hot water and simmer for 2 or 3 hours or until the meat is tender.
3. Thicken the meat stock with a paste of the flour and cold water..
4. Cook the noodles in boiling salted water until tender. Drain thoroughly.
5. Serve 4 ounces of noodles with 4 ounces of the meat and gravy over them.

### Veal and Noodles

Ingredients	Amounts	
	100 portions	500 portions
*Veal breast, boned and cut in 1 inch pieces	20 pounds	100 pounds
Water	4 gallons	20 gallons
Salt	4 ounces	1 pound 4 ounces
Celery leaves and stems, shredded	2 pounds	10 pounds
Paprika	1 ounce	5 ounces
Noodles	8 pounds	40 pounds
Butter or chicken fat	1 pound	5 pounds

Size of portion - 8 ounces

1. Cover the veal with the boiling salted water and add the celery leaves. Simmer until tender.
  2. When the meat is done, add the noodles and paprika and cook 30 minutes or until the noodles are tender.
  3. Season with the fat and serve.
- \*Chicken or tuna fish may be substituted for veal in this recipe.



### Curried Meat with Rice

Ingredients	Amount	
	100 portions	500 portions
Veal or lamb shoulder, boned and cut in 1 inch pieces	16 pounds	80 pounds
Drippings	1 pound 8 ounces	7 pounds 8 ounces
Salt	4 ounces	1 pound 4 ounces
Pepper	1/4 ounce	1 1/4 ounces
Diced celery	6 quarts	7 1/2 gallons
Boiling water	2 gallons	10 gallons
Flour	3/4 pound	3 pounds 12 ounces
Curry powder	1/2 ounce	2 1/2 ounces
Cold water	1 quart	5 quarts
Worcestershire sauce	1 ounce	5 ounces
Rice	6 pounds	30 pounds

Size of portion - 6 ounces of meat and 3 ounces of cooked rice.

1. Brown the meat in the drippings. Add the salt, pepper, and boiling water and cook one hour or until nearly tender.
2. Add the celery and cook until the meat and celery are tender.
3. Mix the flour and curry powder together and blend to a paste with cold water. Thicken the gravy. Add the Worcestershire sauce.
4. Serve with a mound of boiled rice.

### Spanish Rice with Meat

Ingredients	Amount	
	100 portions	500 portions
Uncooked rice	6 pounds	30 pounds
Bacon drippings	1 pound	5 pounds
Ground beef chuck or lower round	6 pounds	30 pounds
Onion, chopped	2 pounds	10 pounds
Green pepper, chopped	1 1/2 pounds	7 1/2 pounds
Tomatoes, canned	2 gallons	10 gallons
Salt	4 ounces	1 pound 4 ounces
Pepper	2 teaspoons	1/2 ounce
Water	4 quarts	5 gallons

Size of portion - 6 ounces

1. Cook the chopped onion and meat in the bacon drippings until the onion is yellow and transparent.
2. Add the green pepper and cook for 5 minutes longer.
3. Combine the cooked meat, onion and peppers with the tomatoes and add the seasonings.
4. Put the washed rice and water into a steam-jacketed kettle, add the other ingredients and simmer for an hour or until the rice is well-swelled and tender.

### Italian Spaghetti With Meat Sauce

Ingredients	Amount	
	100 portions	500 portions
Spaghetti	10 pounds	50 pounds
Boiling water	5 gallons	25 gallons
Salt	4 ounces	1 pound 4 ounces
Bacon drippings	1 pound 8 ounces	7 pounds 8 ounces
Chopped onion	1 pound	5 pounds
Ground Beef	10 pounds	50 pounds
Tomatoes, canned	2 gallons	10 gallons
Salt	2 ounces	10 ounces
Flour	1/2 pound	2 1/2 pounds
Cold water	1 pint	2 1/2 quarts
Cheese, grated	2 pounds	10 pounds

Size of portion - 4 ounces spaghetti and 3 ounces of sauce

1. Cook the spaghetti until tender in boiling salted water. Drain.
2. Brown the chopped onion and ground beef in the bacon drippings.
3. Add the salt and tomatoes to the meat mixture and simmer for 15 or 20 minutes.
4. Make a paste of the flour and cold water and thicken the meat sauce.
5. Put a serving of hot spaghetti on the plate. Pour the hot meat sauce over the spaghetti and top with grated cheese. (The cheese may be served in individual paper containers, if desired.)

### Spanish Spaghetti

Ingredients	Amount	
	100 portions	500 portions
Spaghetti	10 pounds	50 pounds
Boiling water	5 gallons	25 gallons
Salt	4 ounces	1 pound 4 ounces
Meat, cooked and diced	7 pounds	35 pounds
Onions, chopped	8 ounces	2 pounds 8 ounces
Drippings	1 pound 8 ounces	7 pounds 8 ounces
Flour	8 ounces	2 pounds 8 ounces
Chili powder	3/4 ounce	4 ounces
Tomatoes	5 quarts	6 gallons
Meat stock	1 1/2 gallons	7 1/2 gallons
Green peppers, chopped	12 ounces	3 pounds 12 ounces
Celery, sliced	2 quarts	10 quarts
Cheese, ground	1 pound 8 ounces	7 pounds 8 ounces

Size of portion - 8 ounces

1. Cook the spaghetti in boiling salted water until tender. Drain.
2. Brown the onion and meat in one-half of the drippings..

3. Mix the flour and chili powder together, combine with the remaining drippings and thicken the stock and tomatoes.
4. Combine all the ingredients except the cheese.
5. Place in oiled baking pans and bake 1 1/2 hours in a moderate oven. Sprinkle with the ground cheese and continue baking until the cheese is melted.

### Meat Turnovers

Ingredients	Amount	
	100 portions	500 portions
<u>Pastry:</u>		
Flour	8 pounds	40 pounds
Salt	2 ounces	10 pounds
Baking powder	4 ounces	1 pound 4 ounces
Lard	2 pounds	10 pounds
Milk	3 quarts	3 1/2 gallons
<u>Meat Filling:</u>		
Ground cooked meat	12 pounds	60 pounds
Onion, chopped	1 pound	5 pounds
Green peppers, chopped	12 ounces	3 pounds 12 ounces
Meat stock	2 1/2 quarts	3 gallons
Paprika	1/2 ounce	2 1/2 ounces
Cornstarch	4 ounces	1 pound 4 ounces
Salt	2 ounces	10 ounces

Size of portion - 5 1/2 ounces ( 2 1/2 ounces pastry and 3 ounces meat filling)

1. Sift the flour, baking powder and salt together twice. Cut the lard into the flour mixture until it is coarsely granular. Add milk to make a soft dough.
2. Roll the dough 1/8 inch thick and cut into pieces about 5 inches square.
3. Mix the meat, onion, peppers and seasonings together.
4. Thicken the meat stock with a paste made of the cornstarch and cold water.
5. Mix the thickened stock with the meat.
6. Place 3 ounces of the meat mixture on 1/2 of the square of dough. Fold the top side of the dough over the meat and crimp the edges together with the tines of a fork. Prick the top of the turnover several times.
7. Place the turnovers on baking sheets. Brush the tops lightly with milk.
8. Bake in a moderately hot oven (425°F.) from 15 to 20 minutes.
9. Serve hot with a brown gravy or mushroom sauce.



# RECIPES FOR MEAT ALTERNATES

## Cheese and Milk Dishes

### Cheese Fondue

Ingredients	Amount	
	100 portions	500 portions
Cheese, ground	6 pounds	30 pounds
Dry mustard	1/2 ounce	2 1/2 ounces
Paprika	1/4 ounce	1-1/4 ounces
Salt	1-1/2 ounces	7 ounces
Fat, melted	8 ounces	2 pounds 8 ounces
Bread crumbs	3 pounds 8 ounces	17 pounds 8 ounces
Milk	7 quarts	8 1/2 gallons
Egg yolks	3 dozen	15 dozen
Egg whites	3 dozen	15 dozen

Size of portion - 4 1/2 ounces

1. Mix the seasonings together and add to the scalded milk; add the fat.
2. Pour the milk mixture over the bread crumbs.
3. Add the ground cheese.
4. Beat the egg yolks until thick and light and add to the bread mixture.
5. Fold in the stiffly beaten egg whites.
6. Fill oiled baking pans 2/3 full and bake in a moderate oven (325°F) from 1 to 1 1/4 hours or until well puffed and set.
7. Cut into squares and serve.

### Cheese Souffle

Ingredients	Amount	
	100 portions	500 portions
Butter or margarine	1 pound 8 ounces	7 pounds
Flour	1 pound	7 pounds
Salt	2 ounces	10 ounces
Milk	4 quarts	5 gallons
Cheddar cheese, ground	6 pounds	30 pounds
Eggs	5 1/2 dozen	27 1/2 dozen
Cayenne Pepper	1/4 teaspoon	1 teaspoon

Size of portion - 4 ounces

1. Melt the butter and add the flour to make a smooth paste. Add the seasonings, and the milk gradually. Cook, stirring constantly, until the sauce is smooth and thick.
2. Add the cheese to the hot sauce and stir until the cheese is melted.

3. Beat the egg yolks until thick and light and combine with the hot sauce.
4. Fold the stiffly beaten egg whites into the sauce.
5. Fill oiled baking pans  $\frac{2}{3}$  full. Bake in a moderate oven ( $325^{\circ}\text{F.}$ ) for 1 hour or until set and a golden brown on top.

### Baked Macaroni and Cheese

Ingredients	Amount	
	100 portions	500 portions
Macaroni	10 pounds	50 pounds
Salt	3 ounces	15 ounces
Boiling water	5 gallons	20 gallons
Flour	$\frac{1}{2}$ pound	2 pounds 8 ounces
Butter or drippings	$\frac{1}{2}$ pound	2 pounds 8 ounces
Cheese, American	6 pounds	30 pounds
Milk	2 gallons	10 gallons
Salt	2 ounces	10 ounces
Paprika	$\frac{1}{2}$ ounce	2 $\frac{1}{2}$ ounces

Size of portion - 6 ounces

1. Cook the broken macaroni in boiling salted water to cover until well-swelled and tender. Drain.
2. Make a sauce of the fat, flour, milk, and seasonings.
3. Grind the cheese, add it to the hot sauce and cook just long enough to melt the cheese.
4. Combine the cheese sauce with the drained macaroni.
5. Fill oiled baking pans with the macaroni and bake for one hour in a moderate oven ( $350^{\circ}\text{F.}$ ) If desired the pans may be topped with buttered crumbs.

### Rice Omelet

Ingredients	Amount	
	100 portions	500 portions
Rice, uncooked	4 pounds	20 pounds
water	4 gallons	20 gallons
Salt	2 ounces	10 ounces
Ground cheese	4 pounds	20 pounds
White sauce		
Fat	1 pound 8 ounces	7 pounds 8 ounces
Flour	1 pound	5 pounds
Milk	5 quarts	6 gallons
Paprika	$\frac{1}{2}$ ounce	2 $\frac{1}{2}$ ounces
Salt	1 $\frac{1}{2}$ ounces	7 ounces
Egg	6 dozen	30 dozen

Size of portion - 5 ounces

1. Cook the rice in the boiling salted water until tender. Drain.
2. Make a white sauce of the fat, flour, milk and seasonings.
3. Add the ground cheese to the white sauce and combine with the rice.
4. Separate the eggs. Beat the yolks until thick and light and combine with the first mixture.
5. Beat the egg whites until stiff and fold into the rice.
6. Fill oiled baking pans 2/3 full. Bake in a moderate oven (325°F.) for 1 1/4 hours or until puffed and golden brown on top. Cut in squares and serve.

### EGGS

#### Creamed Eggs

Ingredients	Amount	
	100 portions	500 portions
Butter, margarine, or chicken fat	1 pound 8 ounces	7 pounds 8 ounces
Flour	1 pound 8 ounces	7 pounds 8 ounces
Milk	12 quarts	15 gallons
Green pepper, chopped	1 pound	5 pounds
Pimiento, chopped*	1 pound	5 pounds
Salt	3 ounces	15 ounces
Paprika	1 ounce	5 ounces
Celery Salt	1/2 ounce	2 1/2 ounces
Eggs, hard cooked	7 dozen	35 dozen

Size of portion - 6 ounces

1. Make a sauce of the fat, flour, milk and seasonings. Add the finely chopped green pepper and pimiento.
2. Cut hard cooked eggs in quarters lengthwise, add to the sauce and heat thoroughly.
3. Serve the creamed eggs on split toasted buns, or slices of toasted bread.

#### Scrambled Eggs

Ingredients	Amounts	
	100 portions	500 portions
*Eggs	100	500
Milk	2 quarts	10 quarts
Salt	2 ounces	10 ounces
Pepper, white	2 teaspoons	3 tablespoons
Butter, margarine, or bacon fat	8 ounces	2 pounds 8 ounces

\* Chopped cooked ham, bacon or shredded dried beef may be added to the scrambled eggs just as they begin to thicken, in the proportion of 4 pounds of the chopped meat to each 100 portions.



1. Beat the eggs just enough to blend the whites and yolks; add the seasonings and the milk.
2. Melt the fat in a skillet, add the egg mixture, and cook over low heat until the eggs begin to coagulate on the bottom and sides of the pan. Stir and lift the eggs from the bottom and sides of the skillet allowing the liquid to flow to the bottom of the pan; continue until the eggs are firm yet tender.

### FISH

#### Baked Fish Steaks or Fillets

Ingredients	Amount	
	100 portions	500 portions
*Fish steaks or fillets	35 pounds	175 pounds
Melted fat	1 quart	5 quarts
Lemon Juice	2 cups	2 1/2 quarts
Minced onion	1/2 cup	2 1/2 cups
Parsley, finely minced	2 cups	2 1/2 quarts
Salt	2 ounces	10 ounces
Paprika	1/2 ounce	2 1/2 ounces

Size of portion - 5 ounces

1. Melt the fat and add the lemon juice, minced onion, salt and paprika.
2. Wipe the fish with a clean cloth and divide into pieces of the size desired for individual servings.
3. Dip each piece of fish in the fat and place on a shallow oiled baking pan. Pour the rest of the fat mixture over the fish.
4. Bake the fish in a moderate oven at 350° to 375° F. for 25 to 30 minutes.
5. Sprinkle the parsley over the fish just before serving.

\*Any variety of fish steaks or filllets may be used.

#### Baked Fish with Herb Sauce

Ingredients	Amount	
	100 portions	500 portions
*Whole fish, cleaned and scaled	40 pounds	200 pounds
Drippings	1 pound	5 pounds
Salt	2 ounces	10 ounces
Paprika	1/2 ounce	2 1/2 ounces
<u>Herb Sauce:</u>		
Butter, oil or drippings	1 1/2 pounds	7 pounds 8 ounces
Onion, finely minced	1/2 pound	2 pounds 8 ounces
Parsley, finely chopped	1 1/2 cups	7 1/2 cups
Thyme	1 tablespoon	1 ounce
Marjoram	1 tablespoon	1 ounce
Sage	1/2 tablespoon	1/2 ounce
Catsup	1 1/2 cups	7 1/2 cups

Size of portion - 6 ounces.

1. Clean the fish, and wipe with a dry cloth.
2. Season the drippings with salt and paprika.
3. Rub the fish inside and out with the seasoned drippings.
4. Lay the fish on a baking pan and cook in a 350°F. oven until tender.
5. Prepare the sauce by cooking the onions in the fat for 5 minutes, then adding the other ingredients.
6. Pour the hot sauce over the baked fish and serve.

\*Any variety of medium sized fish suitable for baking may be prepared by this method.

### Baked Stuffed Fish

Ingredients	Amount	
	100 portions	500 portions
Medium sized fish, cleaned and scaled	40 pounds	200 pounds
Drippings	12 ounces	4 pounds
Salt	2 ounces	10 ounces
Stuffing:		
Bread crumbs	8 quarts	10 gallons
Butter or drippings	1 pound	5 pounds
Onion, finely chopped	1 pound	5 pounds
Celery, diced	1 1/2 quarts	7 1/2 quarts
Parsley, chopped	2 cups	2 1/2 quarts
Sage	2 teaspoons	1 ounce
Lemon juice	2 cups	2 1/2 quarts
Water	3 cups	3 3/4 quarts
Salt	1 ounce	5 ounces
Pepper	2 teaspoon	3 tablespoons

Size of portion - 7 ounces.

1. Clean and scale the fish and wipe with a clean cloth.
2. Rub the outside of the fish with the drippings seasoned with salt and pepper.
3. Melt the fat, add the celery and onions and cook for 5 minutes. Add the seasonings, and combine with the bread crumbs. Moisten with the lemon juice and water.
4. Stuff the fish, and bake in a moderate oven at 350°F. until tender.

### POULTRY

#### Braised Chicken

Ingredients	Amount	
	100 portions	500 portions
Fowls, weighing 4 to 5 pounds each	75 pounds	375 pounds
Flour	2 pounds	10 pounds
Salt	5 ounces	1 pound 8 ounces
Pepper, white	2 teaspoons	3 tablespoons
Cooking fat	1 pound 8 ounces	7 pounds 8 ounces
Water	4 quarts	5 gallons



1. Singe the chickens, wash thoroughly in cold water, and draw. Rinse carefully.
2. Cut the chickens into two breast portions, thighs and drumsticks.
3. Reserve the backs and simmer them for use in creamed chicken, sandwiches, or salad. Use the chicken stock for sauce or in gravy. Clean the livers, hearts and gizzards and use in "giblet" dishes, or chop for giblet gravy.
4. Mix the flour and seasonings together. Roll the pieces of chicken in the flour mixture.
5. Brown the chicken in the hot drippings.
6. Add the water to the browned chicken, cover the pan and cook in moderate oven (325°F.) for 1 1/2 to 2 hours or until the chicken is tender.
7. Remove the cooked chicken; thicken the drippings with a flour and water paste, and add chicken stock or water to make gravy. Cooked and minced giblets may be added to the gravy if desired.

### Chicken Pie

Ingredients	Amount	
	100 portions	500 portions
<u>Filling:</u>		
Chicken stock	2 gallons	10 gallons
Flour	1 pound 4 ounces	6 pounds 4 ounces
Cooked chicken, cut in large dices	16 pounds	80 pounds
Potatoes, cooked and diced	8 pounds	40 pounds
Green peas, cooked	5 pounds	25 pounds
Celery, diced	3 pounds	15 pounds
Salt	2 ounces	10 ounces
Paprika	1/4 ounce	1 1/4 ounces
<u>Crust:</u>		
Flour	4 pounds	20 pounds
Baking powder	4 ounces	1 pound 4 ounces
Salt	1 ounce	5 ounces
Fat	1 pound 8 ounces	7 pounds 8 ounces
Milk	1 1/4 quarts	6 1/4 quarts

Size of portion - 8 ounces

1. Reserve 4 quarts of the cold chicken stock and blend to a paste with the flour. Heat the remaining chicken stock and thicken it with the flour paste. Season.
2. Combine the chicken and vegetables with the sauce.
3. Put the chicken filling in baking pans and cover with crust, crimping it firmly around the edges of the pan. Make several gashes in the crust to allow the steam to escape.
4. Bake in a 425°F. oven for 25 minutes or until the crust is well-browned.



LEGUMES

Ingredients	Amount	
	100 portions	500 portions
Small white beans	10 pounds	50 pounds
Salt pork, cubed	4 pounds	20 pounds
Dry mustard	2 ounces	10 ounces
Sugar	1 pound	5 pounds
Molasses	1 pint	2 1/2 quarts
Vinegar	1 cup	1 1/4 quarts
Water	12 quarts	12 gallons

Size of portion - 6 ounces

1. Wash and pick over the beans. Cover with boiling water and soak for 4 hours or longer, until swelled.
2. Add the salt pork and seasonings.
3. Put in earthenware crocks or baking pans and bake for 6 hours in a 300°F. oven. Add more hot water while baking, as necessary.

Baked Soy Beans

Ingredients	Amount	
	100 portions	500 portions
Dry Soy Beans	10 pounds	50 pounds
Salt Pork	3 pounds	15 pounds
Dry Mustard	2 ounces	10 ounces
Brown Sugar	1 pound	5 pounds
Molasses	1 pint	2 1/2 quarts
Chopped onion	1/2 pound	2 1/2 pounds
Tomato Puree	1 1/2 quarts	7 1/2 quarts
Water	10 quarts	10 gallons

Size of portion - 6 ounces

1. Wash and pick over the soybeans. Soak in boiling water from 6 to 8 hours.
2. Cube the salt pork in 1/2 inch cubes and fry until light brown.
3. Mix the pork, fat, and other ingredients with the beans.
4. Put the bean mixture into bean crocks or baking pans, add the water, and bake for 6 hours or longer 300°F. Add extra water while baking as necessary.

### Using Dried Brewer's Yeast

Wartime diets which contain very limited amounts of meat, milk, and eggs, may supply inadequate amounts of calcium, iron, riboflavin and niacin. The use of enriched bread and flour, and of whole grain cereal products will help to increase the amounts of these nutrients in the diet, as well as to furnish additional thiamin.

Dried brewer's yeast is another valuable source of iron, thiamin, riboflavin, and niacin, and supplies protein of high quality. It may be incorporated in many food preparations to improve the nutritive value of the diet.

Some varieties of dried brewer's yeast have a characteristic flavor which is masked most successfully when the yeast is combined in dishes which are flavorful. Meat loaves, meat balls, stews, meat pies, baked beans, creole beans, and stuffed green peppers are typical preparations in which varying amounts of dried brewer's yeast may be incorporated. The yeast may also be added to well-seasoned ground meat sandwich fillings in proportion of 1/2 ounce of dried yeast to each 1 pound of meat. Industrial dietitians who have experimented with dried yeast recommend that 1 teaspoon or less per average portion is the amount that can be best incorporated in foods without being detected.

Mild flavored debitterized dried brewer's yeast now is being produced. This may be incorporated in foods without imparting a bitter flavor to the product. However, it still has a characteristic odor and flavor which can be detected when it is used in large amounts.

Experimental work is now in progress to produce debitterized dried brewer's yeast with characteristic meaty or nut-like flavors. It is hoped that these flavored yeasts may be used as protein and vitamin supplements to meat. This work is still in the initial stage, and these products probably will not be available immediately.

Three recipes are given which illustrate the possibility of incorporating dried brewer's yeast into typical standard recipes. As has been stated previously it also may be used successfully in many other food preparations.

### Recipes Using Dried Brewer's Yeast

#### Meal Balls

Ingredients	Amount	
	100 portions	500 portions
Ground beef	16 Pounds	80 pounds
Ground fresh pork	4 pounds	20 pounds
Onions, chopped	1 pound 8 ounces	7 pounds 8 ounces
Salt	4 ounces	1 pound 4 ounces
Pepper	1/2 ounce	2 1/2 ounces
Eggs	5	2 dozen
Tomatoes, canned	1 1/2 quarts	7 1/2 quarts
Bread crumbs	2 pounds	10 pounds
*Dried brewer's yeast	1 pound 8 ounces	7 pounds 8 ounces

Size of portion - 2, 2 ounce meat balls.



1. Mix the meat, onions, seasonings, and bread crumbs together.
  2. Mix the brewer's yeast with enough meat stock to make a smooth paste, and add to the meat with the beaten eggs and tomatoes.
  3. Add enough meat stock to moisten the meat enough to form into balls.
  4. Form into 2 ounce balls and bake in a moderate oven (350°F.) for 25 to 30 minutes.
  5. Serve with brown gravy or tomato sauce.
- \*The addition of dried brewer's yeast supplements the protein, and adds valuable amounts of thiamin, riboflavin, and niacin to the diet.

### Creole Lima Beans

Ingredients	Amount	
	100 Portions	500 Portions
Dried Lima Beans	10 pounds	50 pounds
Water	3 gallons	15 gallons
Bacon drippings	8 ounces	2 pound 8 ounces
Onions, chopped	2 pounds	10 pounds
Tomatoes, canned	6 quarts	7 1/2 gallons
Celery, diced	1 pound 8 ounces	7 pounds 8 ounces
Green peppers, chopped	2 pounds	10 pounds
Salt	4 ounces	1 pound 4 ounces
Pepper	2 teaspoons	1/2 ounce
Paprika	1/2 ounce	2 1/2 ounces
*Dried brewer's yeast	1 pound	5 pounds

Size of portion - 8 ounces

1. Soak the lima beans in boiling water for four hours. Cook in the water in which they were soaked until tender.
  2. Cook the onions in the bacon drippings for 5 minutes. Combine the onions, tomatoes, green peppers and seasonings and add to the cooked beans.
  3. Make a paste of the brewer's yeast and cold water and add to the beans.
  4. Pour into oiled baking pans and bake for 45 minutes in a moderate oven (350°F.)
- \*Dried brewer's yeast supplements the protein value of the beans, adds valuable amounts of thiamin, riboflavin, and niacin.

### Gravy

Ingredients	Amount	
	100 portions	500 portions
Meat stock	2 gallons	10 gallons
Drippings	1 pound 8 ounces	7 pound 8 ounces
Flour	1 pound	5 pounds
Celery salt	2 teaspoons	3 tablespoons
Salt	to taste	to taste
Dried brewer's yeast	1 cup	5 cups

Size of portion - 2 1/2 ounces

1. Melt the drippings and stir in the flour.
2. Add the hot stock slowly, stirring constantly with a wire whip until thickened.
3. Add the seasonings.
4. Just before serving add the dried brewer's yeast which has been mixed to a paste with a little water.



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